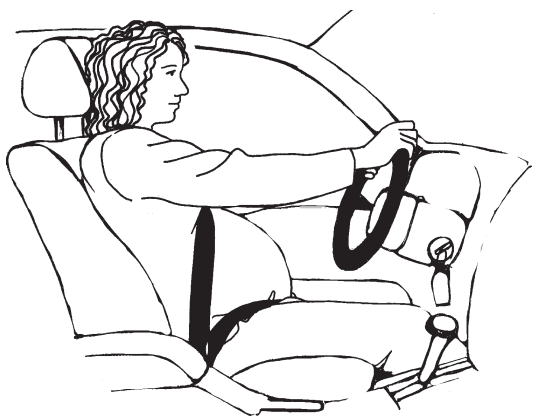


Are You Pregnant?

Buckling up for two

**Child
Safety
Facts**
2005

Protecting yourself protects your baby in a car crash.



*Use both lap and shoulder belts.
Keep the lap belt below your belly
and pull it snug!*

- **Always use your seat belt.** A lap-shoulder belt gives much more protection than a lap belt alone. An air bag will help, too. The biggest danger to an unborn baby in a crash is the mother's injury.
- **If you are in a crash**, even a minor one, get checked at a hospital emergency room. Your unborn baby could be seriously injured even if you do not seem to be hurt.
- **Use the safety belt correctly.** Push the lap belt down as far as possible below your belly. Check to make sure it stays low. Both lap and shoulder belts should be snug. If you are wearing a heavy coat, open it and pull it to both sides, away from your belly. This helps the lap part of the belt fit correctly.
- **Sit as far back from the steering wheel as possible.** Hitting the steering wheel in a crash can cause injury. Tilt it toward your chest.
- **Let others do the driving** as much as possible during the last few months of pregnancy. Avoid unnecessary trips. When you ride in the car, sit in the back seat if you can use a lap-shoulder belt there.

Choosing a car seat for your baby

- **Never carry a baby in your arms.** It is impossible to hold onto a baby in a crash. Use a rear-facing car seat (child safety seat).
- **Two kinds of car seats** for newborns:
 - An **infant-only seat** is small and can only be used facing the rear.
 - A **convertible seat** faces the rear for a baby under age 1 and faces forward for a toddler.
- **Good features to look for:**
 - Infant seat: Harness that fits well (at least 2 sets of slots at the shoulders) and adjusts easily (adjuster in front)
 - Convertible seat to be used by a newborn: a harness (no shield); a rear-facing weight limit of 30 to 35 pounds (not 20 to 22 pounds).
- **Try the car seat in your vehicle** before buying it. Make sure it can be installed tightly in the back seat using the seat belt or LATCH attachments.
- **Beware of second-hand car seats.** They often have safety problems, missing parts, no instructions. If the car seat has been used in a crash, it should not be used again.



*Buckle up baby in the
back seat away from
the air bag.*

To learn more about car safety for babies

National Auto Safety Hotline:

basic information, reporting defects:
888-DASH-2-DOT (327-4236),
800-424-9153 (tty), www.nhtsa.dot.gov

SafetyBeltSafe U.S.A. Helpline:

Answers to specific questions,
800-745-SAFE (7233), basic
information, www.carseat.org

Finding a local car seat inspection

station, checking for recalls:
866-SEAT-CHECK, www.seatcheck.org

Other useful websites:

www.aap.org/family/cps.htm
www.saferidenews.com

*Make
Every Ride
A Safe Ride*

